

WEEK 4 | MAY 2026

TRUSTING GOD CAN HELP YOU GET BACK UP.

Bible Reference:
Heroes of the Faith
Hebrews 11

MEMORY VERSE

“But those who trust in the Lord will receive new strength. They will fly as high as eagles. They will run and not get tired. They will walk and not grow weak.”
Isaiah 40:31, NIRV





Week 4

Prayer and Reflection

Part 1:

Complete the pictures below by drawing the things we trust to hold us up.



Summary

The objects we drew above hold us up, but they may break and fail us sometimes. However, God never fails. Even though we can't see Him, we can always trust God to hold us up.

Prayer

Dear God, we are so thankful that You are a God who lifts us up when we are down. Even when we don't see it, help us to trust that You are still working things out for us. We want to grow our faith in You. In Jesus' name we pray, Amen.



Week 4

Prayer and Reflection

Part 2:

Read Hebrews 11 and list out the 16 names of people who had faith (heroes of faith). These people bounced back despite going through tough times!

Summary

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Prayer

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